

QuitSmart® Works

QuitSmart was created by the director of the Duke Stop Smoking Clinic, and is taught by Certified QuitSmart leaders. You are assured of high quality professional help, based on solid research.

In a study at five U.S. Air Force bases, QuitSmart proved more effective than other methods: 66% of QuitSmart participants were still smoke-free six months after quitting, compared to 16-30% of those in four other stop-smoking programs.

STOP SMOKING!

It's Easier

Than You Think!

QuitSmart also produced impressive quit rates in studies published in *Veterans Health System Journal* and *Psychology of Addictive Behaviors*. You can trust QuitSmart to help you quit smoking.



With the QuitSmart Stop Smoking program, **it takes just THREE Sessions to break free from cigarettes.**

You will also receive the Quit Smart Stop Smoking Kit pictured in this brochure, and a follow-up phone consultation. Tuition is **JUST \$180 for all 3 sessions.** The fee is due at the first session.

March Session Dates: 6:30-8:00 p.m.

Mondays March 10th & 24th &

Thursday March 27th

Winfree Memorial Baptist Church

13617 Midlothian Turnpike

Midlothian, VA 23113

May Session Dates: 6:30-8:00 p.m.

Tuesdays May 13th, & 27th

& Thursday May 29th

**Powhatan Mennonite Church
3540 Old Buckingham Rd. Powhatan,
VA 23139**

Space is limited! Call 804-363-9198

Susan P. Cook, M.S.

Counselor/Instructor

804-363-9198



QUIT SMART®



Would YOU like to feel

healthier

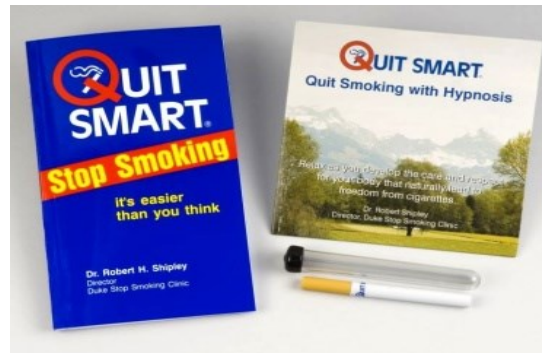
breathe easier &

have more energy?

QuitSmart Program

QuitSmart® combines powerful treatments to help you break free from cigarettes.

- **Ease off nicotine** Switch to cigarette brands that deliver less and less nicotine. We call it *warm chicken* quitting.
- **Consider stop-smoking medicine** Choose from 7 medicines that can keep you comfortable as you quit.
- **Take a new look at the patch** Discover a new way to use nicotine patches that dramatically increases your chance of success.
- **Use your mind to help** See yourself as a comfortable nonsmoker rather than as a smoker deprived of cigarettes.
- **Use a self-hypnosis CD** Relax as you develop the respect for your body that naturally leads to freedom from cigarettes.
- **Break the smoking habit** Your smoking habit may be strong, but you can outsmart it with six simple techniques.



QuitSmart Kit

The QuitSmart Kit includes an informative guidebook, a relaxing hypnosis CD, and a patented cigarette substitute.

It is hard to say which of the three kit elements I enjoyed most.

Jamie Dillon, MS, RRT
Advance for Respiratory Care Practitioners

The QuitSmart Stop Smoking Kit is easy to use, interactive and informative... I enthusiastically recommend the kit.

Dr. Crystal Dunlevy
Respiratory Care

Dr. Robert Shipley, director of the prestigious Duke University Quit Smoking Clinic, has come up with a tool to help people through the struggle... The appealing prose, cartoons, and charts make for engaging reading.

Mark J. Tager, M.D.
American Journal of Health Promotions

Over the past many years, I have loaned my QuitSmart guide to four different people. I know that at least three of them successfully stopped smoking. The fourth disappeared with my guide. - Muriel B. Haber, Former two-pack-a-day smoker

Organizations Choosing QuitSmart

Anderson Air Force Base, Guam
Arkansas State University
Baptist Medical Center, FL
Corporate Fitness & Health, CT
Harvard Pilgrim Health Care
Ireland Army Hospital, Ft. Knox
Kadena Air Case, Japan
Kaiser Permanente, GA
Methodist Cancer Center, NE
Miami County Tobacco Awareness, IN
Purdue University
Quintiles Transnational
Roy O Martin Lumber Co., LA
St. Joseph's Hospitals, IN
Turning Pt. Substance Abuse, Bermuda
U.S. Air Force Academy
V.A. Medical Centers
Albany, Augusta, Buffalo, Dayton
Beach, Durham, Gainesville, Kansas
City, Little Rock, Northampton, Salt
Lake City, Syracuse, Wilmington,
DE...

****Plus Hundreds More****

QuitSmart worked for me. Since I can endorse it personally, I have started using it for Scott employees. It's simple, appealing, and , to date, has had a higher success rate than more conventional methods. Veronica J. Malone, RN Scott Paper Co.